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“Hej! Hur mår du? Jag mår bra!”, this is a greeting in Swedish that I learned during study abroad. I was honoured to be nominated by the International Unit to go to Sweden for a semester in 2018. These five months not only broadened my horizons through first-hand cultural experiences, it allowed me to make many life-long friends with different ethnicities and backgrounds.

Raised from a grass-root family, the expenditure for exchange, especially for European countries like Sweden, was a huge financial burden to my family. In order to fulfill my dream to explore the world and broaden my horizons, I applied for several scholarships to lighten my burden. The scholarships encouraged me to strive for my exchange dream and subsidized my trip tremendously.

With less financial limitations, I did not hesitate to join activities organized by Erasmus Student Network in my host university. I also experienced many things for the first time during my exchange. I celebrated my birthday in Sweden, tried the unforgettable husky ride and drove the sled myself, travelled to Poland alone, enjoyed the scenic view of cherry blossoms in Kungsträdgården.... All these treasurable memories enriched my exchange and also added colourful experiences to my life.



Going on exchange has shaped me to be more independent, outgoing and audacious. The priceless experiences influenced my future plan as well. Studying a master's degree in another country or going on a working holiday are future plans I strive to pursue after I graduate.

If you are looking for cultural exchanges and want to explore more of the world and yourself, studying abroad is definitely something you should consider. Do not let financial concerns stop you from experiencing cultural exchanges.